

Hearing and Diabetes

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40 years a clinician

Thousands of ears experience



4% of Australians have diabetes

1 in six Australians experiences hearing loss

Diabetes and hearing loss are two of Australia's most common health concerns, and it now appears that there is a connection between the two.

Diabetes and Hearing Loss

- Previous studies have suggested a suspected link between the two
- a recent review of past research published in *The Endocrine Society's Journal of Clinical Endocrinology & Metabolism (JCEM)* that concluded hearing loss in those with diabetes often occurs independently of other potential causes, such as ageing or noise damage.
- It is believed that high blood sugar levels brought on by diabetes may result in damaged blood vessels in the ears, leading eventually to hearing loss.

Diabetes and Hearing Loss

Horikawa and his team analysed 13 previous studies examining the link between hearing loss and diabetes. The data covered 7,377 people with diabetes and 12,817 without the condition.



The study found that ***people with diabetes were twice as likely to suffer from hearing loss*** than those without the illness. Those aged younger than 60 had 2.61 times the risk.

Common Signs of Hearing Loss

Hearing loss can occur so gradually that people don't even notice they have a problem. If you are not sure whether you or a loved one has a problem, here are five common indicators

1. You have difficulty hearing people on the telephone
2. You have difficulty hearing in noisy environments
3. The volume is on full
4. You speak too loudly
5. You misunderstand what people say

So what can you do?



Horikawa and his team suggest: “Be proactive”. If you or your loved ones have noticed any changes in your hearing, the simplest and easiest thing to do is get your hearing tested.

Untreated hearing loss can often lead to social isolation, as well as more serious issues like depression, dementia and Alzheimer's disease.

The longer you go without treating hearing loss, the harder it becomes to regain all of the sounds you love, but all it takes is one simply phone call to get back on the road to better hearing health.



What will happen at a hearing test?

- A specialist clinician will ask you a few questions about your hearing and ears. If you have had trouble in the past, now is the time to fess up!
- Your ears will be inspected with an otoscope, and your hearing is tested with a special measuring instrument called an audiometer.
- We understand that it can be an emotional experience and we are dedicated to providing reassurance and advice.
- If you require hearing aids, your options will be discussed, based on your lifestyle and needs.



Taking the next step

We are here to help! If you think you or a loved one may be experiencing a hearing loss visit **connecthearing.com.au** or call us on **1300 309 401**.



Thank You!

Connect
Hearing 

Swoosh Shhhhhh..... Slurp Wow! Beep Whistle
Meow Rumble Rattle Pop! Splash! Boom Sizzle Thud!
Chirp Click Buzz Tinkle